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impact a patient's emotional and psychological state. In palliative care,
where symptom management and patient comfort are paramount, the
management of constipation becomes a signi cant concern. Traditional
methods, such as laxatives, dietary changes, and increased uid intake,
are not always e ective and may be accompanied by side e ects,
worsening the overall patient experience.
Auricular acupressure (a non-invasive approach):
 Auricular
acupressure is a therapeutic modality rooted in traditional Chinese
medicine. This technique involves applying pressure to specific points on
the ear, which correspond to various bodily functions and systems [2].
Advocates of auricular acupressure argue that it can stimulate the release
of endorphins, reduce stress and anxiety, and promote overall well-being,
thereby making it an ideal complementary therapy in palliative care.
Effectiveness in constipation management:
 Several studies and
anecdotal evidence have suggested that auricular acupressure may
be an effective approach to managing constipation in palliative care
patients [3-6]. By targeting specific ear points associated with bowel
function, this non-invasive method can stimulate the digestive system,
potentially alleviating constipation and discomfort without the side
effects often associated with traditional treatments. A study published
in the Journal of Palliative Medicine in 2017 found that palliative care
patients who received auricular acupressure experienced significant
improvements in bowel movements and reported a reduction in the
severity of constipation. While more research is needed to confirm
the results, these findings provide a promising avenue for constipation
management in palliative care [7].
Patient-centered care:
One of the most significant advantages of
auricular acupressure is its patient-centered approach [8]. Palliative
care is all about addressing the unique needs and preferences of each